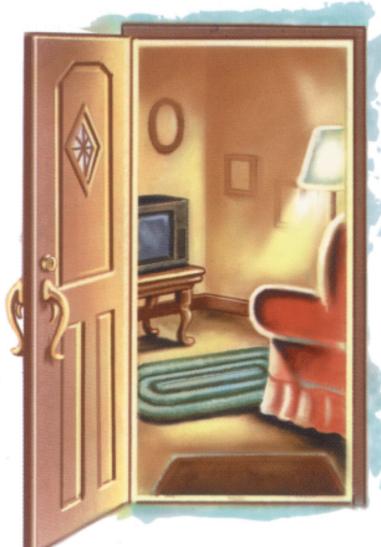


## The Choice is Yours!

You should talk to someone about **Choices** if you:

- Want to know more about the services, care, and support options available to you.
- Are interested in living more independently than you are now.
- Need help deciding what living alternative is best for you.
- Have questions about the level of care you need and how your needs can be met.
- Need more information about funding and options available to you.

Participation in the **Choices** program is voluntary, and final decisions about care and living alternatives are completely up to you.



Lincoln Area Agency on Aging - LIFE Office  
1005 O Street, Suite 300  
Lincoln, NE 68508

## Lincoln Area Agency on Aging **LIFE Office**

**1005 O Street, Suite 300**  
**Lincoln, NE 68508**  
**402-441-7070 • 800-247-0938**

**Choices,  
the Key to Your  
Independence**



**Life on Your own Terms**  
**Not Where to Live, but**  
**How to Live!**

# What is Choices? Life on Your own Terms . . .

**Choices** is a Nebraska service that helps you decide where and how you want to live.

It's a service especially for aged persons, and adults with disabilities.

A **Choices** counselor can provide information and advice to help you decide about:

**1. Living in your own home**, with assistance from people who provide services. For example, you might need someone to:

- Drive you to medical appointments
- Help with medication and therapy
- Housecleaning and other chores
- Help with eating, dressing, bathing and toileting
- Help with cooking
- Help with laundry

Or...

**2. Living in an "assisted living" facility** where residents enjoy:

- A private room
- A home-like setting
- Staff to assist with meals, cleaning, laundry, medication, etc.

Or...

**3. Living in a nursing facility** where skilled staff provides the care and support you need.

## What else can a **Choices** counselor do?

They are trained to help with decisions about the care and support you might need. They can:

- Evaluate your needs
- Explain services
- Find ways to help pay for services
- Set up services

## I enjoy doing things my own way. How can I keep my independence?

A **Choices** counselor can explain options such as living at home with support services, or living in an "assisted living" facility which has a home-like setting.

The goal is to support your desires for self-determination, dignity, and independence.

## What if my family doesn't agree with my choices?

The **Choices** counselor will work with you. Together, you'll determine if your needs can be safely met with your choices.

The **Choices** counselor will inform your family about your plan, and explain the support and services that are available. This can make it easier for others to accept your decisions. They may even decide to help with your plan.

I was wondering...

How much does **Choices** cost?

Getting information from a **Choices** counselor is at no cost to you. In fact, the counselor may be able to find ways to pay for the services you need. So call now.

Participation in the **Choices** program is voluntary and confidential. Final decisions about care and living arrangements are up to you.

## The Choice is Yours!

If you are ready to explore different choices for living independently, here is how to begin!

Contact a **Choices** counselor at an Area Agency on Aging near you.

These professionals:

- Can evaluate your needs
- Understand programs and services
- Can develop a plan that is realistic for you
- Are on your team

**REMEMBER, CHOICES CAN BE THE KEY TO YOUR INDEPENDENCE!**